

DINNERLY



Indonesian Fish Stir-Fry with Fried Shallots and Steamed Rice



25 minutes



2 Servings

Pan-fry fish in a lip-smacking nasi goreng paste, toss through stir-fried veg and scatter with crispy shallots for a fast and flavour-packed feast.

WHAT WE SEND

- 150g jasmine rice
- 1 bunch choy sum
- 1 carrot
- 40g nasi goreng paste
- basa fish fillets ⁴
- 10g fried shallots

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1½ tbs soy sauce ⁶
- 1 tsp sugar

TOOLS

- small saucepan with lid
- julienne peeler or box grater
- paper towel
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (4), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 495kcal, Fat 15.7g, Carbs 81.3g, Proteins 26.4g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, cut the **choy sum** into 4cm lengths, keeping the leaves and stems separate. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Combine **half the nasi goreng paste** (see Make it yours) and **2 tsp water** in a shallow bowl.



3. Pan-fry fish

Pat the **fish** dry with paper towel, then add to the **paste mixture** and gently turn to coat. Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Cook the fish for 2 mins each side or until browned and cooked through. Remove from the pan, reserving the oil in the pan. Break the fish into large pieces and set aside.



4. Stir-fry veggies

Heat the reserved pan over medium-high heat. Stir-fry the **choy sum stems** for 2 mins or until starting to soften. Add the **choy sum leaves, carrot** and **garlic** and stir-fry for 1 min or until tender. Stir in the **remaining nasi goreng paste, 1½ tbs soy sauce** and **1 tsp sugar** and stir-fry for a further 30 secs or until combined. Remove the pan from the heat.



5. Serve up

Add the **fish** to the veggies and gently turn to coat. Taste, then season with **salt and pepper**. Divide the **rice** among bowls, top with the **stir-fry** and scatter over the **fried shallots**. Enjoy!



6. Make it yours

Nasi goreng paste has a mild heat. If you prefer less heat or have little ones, reduce it to taste.